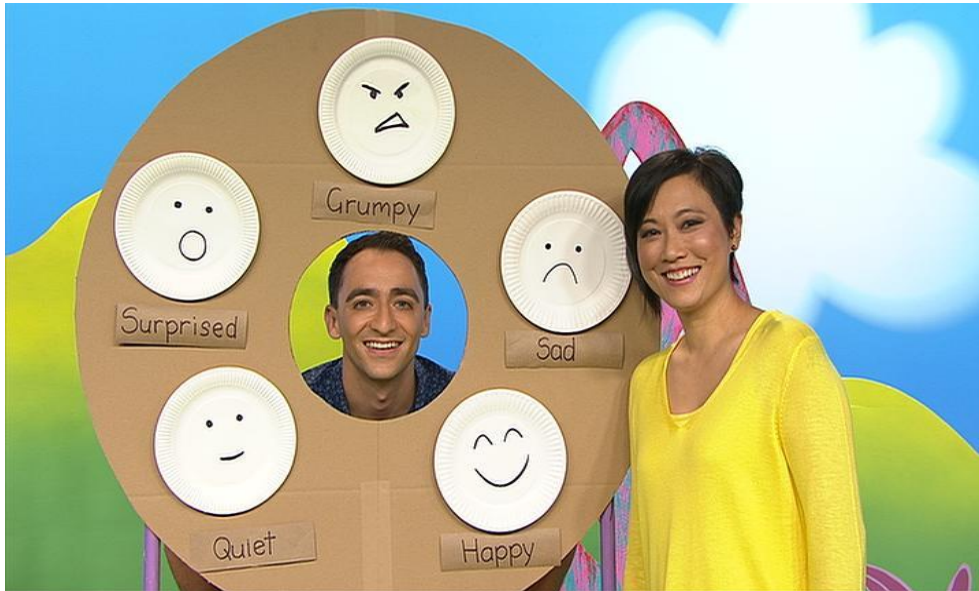


How Do You Feel Today?



This series of Play School is all about exploring feelings. Learning to recognise and talk about feelings is an important part of child development. This episode provides activities, stories and plenty of examples of how we can consider our own and others' feelings. We use a "feely face" wheel as the basis for a game in each episode, which introduces children to the vocabulary and facial expressions of emotions

Throughout the week, the episodes focus on different themes in a child's life where feelings and emotions are in the foreground:

- New babies – human and animal
- Illness and hospitals
- Moving house and changing place
- Starting school
- Holidays

Feelings are at the centre of children's experience and their development. By introducing and exploring a wide repertoire of emotions in this series in a light and playful way even very young toddlers can engage with the language and expression of feelings. For older children vocabulary and expression skills can be developed through song, dance, craft and other activities. The series also models how children can find opportunities for reflecting on and discussing their feelings.

Episode 1



PRESENTERS

Karen Pang & Matthew Backer

PIANIST

Peter Dasant

STORY

Big Cat, Little Cat

Elisha Cooper

Roaring Book Press, New York, 2017

FILM

My Happy Heart - Lulu the Koala

(Play School, ABC)

IDEAS FOR LATER

- Play peek-a-boo with a baby. Can you make them laugh?
- Play a faces with feelings guessing game. If you can't find anyone to play with you, try pulling 5 different feeling faces yourself in a mirror.

SONGS

How Are You Feeling?

Composer: Sophie Emtage / Peter Dasant

Publisher: Control / Origin

Changes

Composer: Henrietta Clark / Don Spencer

Publisher: Unpublished

(APRA / AMCOS Member)

Cuddle Up

Composer: Sophie Emtage / Peter Dasant

Publisher: Control / Origin

The Old Grey Cat

Composer: Traditional

Publisher: ABC Music Publishing

The Mixing Song

Composer: Arthur Baysting / Peter Dasant

Publisher: Origin / ABC Music Publishing

Put A Spot Over Here

Composer: John Fox / Warren Car

Publisher: ABC Music Publishing

Fa La Nana

Traditional (Italian)

ABC Music Publishing

MAKE AND DO



Make a Shape Mobile

You will need:

- Coloured cardboard or poster paper
- Paint
- Paint brush or sponge
- A coat hanger

Cut the cardboard into pairs of shapes. You can do this by cutting one and then using that one as a template for the second one; or by cutting both at once, one on top of the other, if your scissors are sharp enough to cut through two layers.

Paint and decorate one side of each shape in the pair.

Cut the string into lengths, about 20 centimetres (or a small arms' length). Tape one end of the string on the plain, un-painted side of a coloured shape. Tape the second shape on top of that. Use a loop of tape so that it is double-sided (or use glue if you find that difficult).

There, now you have a shape on either side of the string, with each decorated side displayed. Repeat this for five or six pairs of shapes.

Tie the strings to the coat hanger. Now you have a mobile. Put the mobile above a babies bed for them to watch....or hang it near a window to move gently with the breeze.

Make Paper Plate Faces

You will need:

- 4 Paper plates (cardboard)
- Felt-tip pens – at least one black one, but other colours if you like
- Any other decorations you would like to add – hats, scarves, old glasses, etc.

Think of four different feelings and draw a face showing each on a paper plate. For each face you will need eyes and a mouth, you may also need a nose, eyebrows, dimples, cheeks, brows. Check with someone else to see if they can guess the feeling you were thinking of.

Decorate the plates with additional accessories – scarves, hats, glasses, gloves, wig, and jewellery. Let your imagination run wild.

Episode 2



PRESENTERS

Emma Palmer & Teo Gebert

PIANIST

Peter Dasent

STORY

Olivia Loves Owl

David McPhail

Abrams Appleseed, 2016

FILM

G.P Visit

(Play School, ABC)

IDEAS FOR LATER

- Try some pretend play about being sick or ill.
- Use a torch at night, with your family, to look for animals outside in the trees.

SONGS

How Are You Feeling?

Composer: Sophie Emtage / Peter Dasent

Publisher: Control / Origin

I Feel Sick

Composer: Ann North / Martin Wesley-Smith

Publisher: Unpublished

(APRA / AMCOS Member)

Miss Polly Had A Dolly

Composer: Traditional

Publisher: ABC Music Publishing

Have You Heard the Cat At Night?

Composer: Ron Gamack

Publisher: ABC Music Publishing

Song To Make You Smile

Composer: Arthur Baysting / Peter Dasent

Publisher: Origin

MAKE AND DO



Make a Doctors bag

You will need:

- A cardboard shoe box
- 2 pipe cleaners
- 2 ice-block sticks.
- A small torch
- A notepad
- A pencil
- A small towel
- A small paper cup

Add a handle on the shoe box using one of the pipe cleaners. Make two hole and then thread the pipe cleaner through and twist to secure on the inside. You can also decorate the Doctor's bag shoe box – perhaps with a red cross.

Take one of the ice-block sticks and wrap some pipe cleaner around one end. This can be a pretend thermometer. The other ice-block stick can be a pretend tongue depressor.

You can also include your homemade pretend stethoscope.

Put a small towel inside and then lay your doctor's equipment inside, including the torch, the small paper cup, the notepad and pencil and your special equipment – stethoscope, thermometer and tongue depressor.

Episode 3



PRESENTERS

Kiruna Stamell & Matthew Backer

PIANIST

Peter Dasent

TOLD STORY

Grumpy Gladys' Bad Day

(A story told by the Play School team)

FILM

My Happy Heart - Banjo the Bunny

(Play School, ABC)

IDEAS FOR LATER

- Try banging on a drum or tap dancing or singing to see if you can change your mood.
- Gather some ribbons, or strips of old fabric, and ties them together at one end. Now do a whirly, twirly dance with them!

SONGS

Dancing Face

Composer: Arthur Baysting / Peter Dasent

Publisher: Origin

Twinkle Twinkle Little Star

Composer: Traditional

Publisher: ABC Music Publishing

How Are You Feeling?

Composer: Sophie Emtage / Peter Dasent

Publisher: Control / Origin

I Like To Sing

Composer: Garth Frost / Peter Dasent

Publisher: Origin

Here's A House

Composer: John Fox / Warren Car

Publisher: ABC Music Publishing

We're Going Up

Composer: Ron Gamack

Publisher: ABC Music Publishing

MAKE AND DO



Make your own Box face Puppet

You will need:

- 2 cupcake papers –for eyes
- A large cardboard box
- A dish mop – for nose
- A red pipe cleaner – for a mouth
- A pick dish sponge –for a tongue
- 2 popsicle sticks
- Tissue paper- for hair
- Scissors and /or screwdriver
- Sticky tape or glue

Use a smooth side of the box as the face. Use sticky tape or glue to add the cupcake papers as eyes, sticking the base to the box, so that the eyes can be opened and closed.

Now make a hole for the nose. It will need to be wide enough to fit the dish-sponge stick, or handle, through it.

Make some more holes for the ends of the mouth and insert the ends of the red pipe cleaner through the holes. Twist the pipe cleaner ends behind on the inside of the box, to secure the mouth. The tongue can also be added using a slit in the box, or by attaching it to the pipe cleaner mouth.

Add the tissue paper hair to the top of the box. Finish the face by inserting eye brows. Pierce a hole above each eye and loop some pipe cleaner through to attached the popsicle/iceblock sticks as eyebrows.

Make your own Apartment Block

You will need:

- 4 cardboard boxes
- 18 popsicle or ice-block sticks
- Scissors

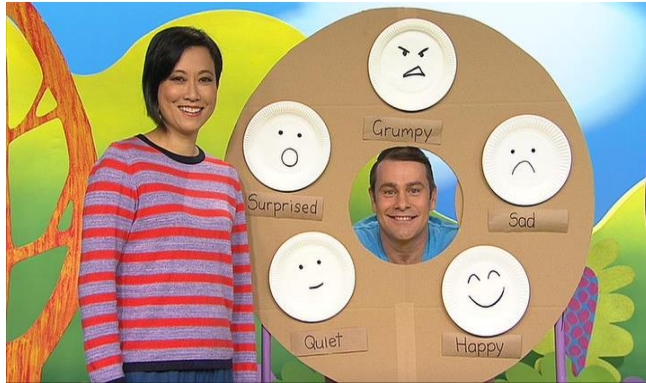
Take three of the boxes and give them one window each, at the back of the box. You may need to trim off the box lids.

Each window should be one popsicle-stick long and the same width. After cutting the windows use the popsicle sticks to frame the windows on the inside of each box. One stick for each side and then two sticks crossing the window.

Stack the three boxes on top of each other, this is your apartment block. Use the extra box, without a window, as the block's elevator or lift.

Decorate your apartments more if you like. Add toys to live in each apartment and use the elevator to get them up and down!

Episode 4



PRESENTERS

Karen Pang & Teo Gebert

PIANIST

Peter Dasent

TOLD STORY

Betty Butterfly's Pie Shop

(A story told by the Play School team)

FILM

Pre-School

(Play School, ABC)

IDEAS FOR LATER

- Make your own pretend pie shop.
- Dress up as a butterfly.

SONGS

The Mixing Song

Composer: Arthur Baysting / Peter Dasent

Publisher: Origin / ABC Music Publishing

Twinkle Twinkle Little Star

Composer: Traditional

Publisher: ABC Music Publishing

How Are You Feeling?

Composer: Sophie Emtage / Peter Dasent

Publisher: Control / Origin

Jelly On A Plate

Composer: Traditional

Publisher: ABC Music Publishing

Put On Your

Composer: Val Donlan

Publisher: ABC Music Publishing

Teddy Bear Twist

Composer: D. Watkins / Chris Harriott

Publisher: Mushroom / Control

MAKE AND DO



How to do Make a Swirly Painting

You will need:

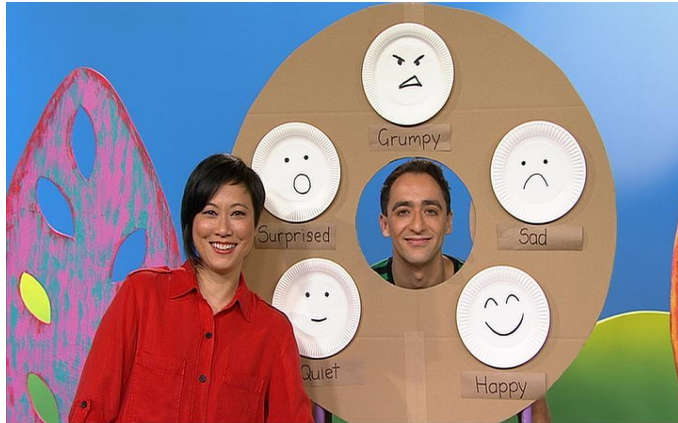
- A small table
- A roll of cling wrap
- Cardboard
- scissors
- Paint
- Painting smocks and a sink for washing up and cleaning up after

Prepare the cardboard shapes for printing. Cut them into large shapes – square, triangle, and circle. Grown-up help may be required for this.

Cover the top of the table with cling-wrap. Squeeze out the paint on the table surface and enjoy swirling it around with fingers.

Lay the cardboard shapes on the table surface with paint. Press down evenly and remove to see the print. Dry the printed cardboard on a clothesline.

Episode 5



PRESENTERS

Karen Pang & Matthew Backer

PIANIST

Peter Dasent

STORY

Schnitzel von Krumm Forget-Me-Not

Author/ illustrator: Lynley Dodd

Publisher: Published in Australia by Keystone Picture Books, 1996

FILM

My Happy Heart

Ellie the Elephant
(Play School, ABC)

IDEAS FOR LATER

- Pretend to be a rocket...zoom...zoom!
- Put up a tent in your backyard, courtyard or veranda. Pretend to go camping and use the hose to pretend it's raining.

SONGS

A Little Bit Of This

Composer: Gordon Sneddon

Publisher: Control

Zoom

Composer: Peter Charlton / Paul Reade

Publisher: Unpublished

(APRA / AMCOS Member)

Rocket Song

Composer: Mark Barnard / Peter Dasent

Publisher: Control / Origin

I Like To Sing

Composer: Garth Frost / Peter Dasent

Publisher: Origin

Happy Dog

Composer: Jane Lindsay / Peter Dasent

Publisher: Origin

How Are You Feeling?

Composer: Sophie Emtage / Peter Dasent

Publisher: Control / Origin

Move Over And Make Room

Composer: Traditional

Publisher: ABC Music Publishing

MAKE AND DO



How to Make a Night Sky Mural

You will need:

- A large roll of black cardboard or paper.
- White or silver paint
- Sticky tape
- Silver cup-cake papers
- Silver tinsel or wrappers
- A paper plate

Roll a meter or two of black paper or cardboard out flat on a floor and paint with splatters of white or silver paint. Let this dry.

Now hang the cardboard up on a wall, perhaps above a bed – where you can look at the night sky mural.

Use loops of sticky tape on the base of the cupcake holders and add them as large stars. Tinsel, or other silver wrappers, can be added as shooting stars, or group of stars – known as constellations.

Stick the paper plate on as a moon. You can use the full plate as a full moon or cut it to make a crescent moon.